

How can Army safety help me and my Family?

From FY02 to the present, our numbers show that Soldiers returning from deployment often bring with them risky or dangerous behaviors. However, Soldiers who have deployed are not the only ones who take risks. About 50 percent of our motor vehicle and personal injury fatalities were Soldiers who had never deployed. Risk taking is an inherent part of being a Soldier, but those types of behaviors can

cause deadly problems when leaders and battle buddies are not there to say "knock it off." Family involvement can make a huge difference in a Soldier's decision to engage in risky activities. Get involved. Stay involved. Be the battle buddy that keeps them safe when they are at home. We want our Soldiers and their Families to live long, full lives and enjoy the many freedoms for which they have sacrificed.

→ More Information

The USACR/Safety Center stands ready with tools and programs to keep you and your Family safe. Please visit us at <https://safety.army.mil>. For additional information on the Family Engagement Kit, please contact Dr. Patricia LeDuc, Director, Human Factors Task Force, at (334) 255-2233; Patricia.LeDuc@us.army.mil.

<https://safety.army.mil>



Family 
safe is Family strong!

As Leaders, we've come to realize that "battle buddies" are a key factor in keeping Soldiers safe on the battlefield. They provide each other with an extra set of eyes and ears and, sometimes, a much needed sanity check.

On the home front, a Soldier's "battle buddy" is often his or her Family. Family Members are frequently the front line of defense when it comes to affecting a Soldier's decision making process or reaction to a particular situation. And just as engaged leadership has made a difference in Soldiers' safety on-duty, engaged Families can have that same impact in our Soldiers' off-duty safety as well.

I ask each of you to be that home front "battle buddy" and help the Army take better care of your Soldier. Family Members are also each other's "battle buddies" when

their spouses are deployed. Watch over each other

and recognize when to step in or to ask for help. Soldiers can better do their jobs when they know their Families are safe back home.

With your help we can better protect our nation's most valued assets — our Soldiers and their Family members. This kit has simple, yet effective, "how to" instructions combined with other useful aids to help you take care of all our Soldiers. If you have any questions, please contact your local Safety Office or Army Community Services.

Army Safe is Army Strong!



U.S. ARMY

ARMY STRONG.™

William T. Wolf
Brigadier General, USA
Commanding

**“The stronger the Family,
the stronger the Army,
because Families improve
combat readiness.”**

Honorable John McHugh
Secretary of the Army



U.S. ARMY COMBAT READINESS/SAFETY CENTER

**A BAND OF BROTHERS
& SISTERS**

**ARMY SAFE
IS ARMY STRONG**

TRAVEL RISK **TRiPS** PLANNING SYSTEM

→ Family Trips

Use **TRiPS** to make your Family outing a safer one. TRiPS is a Web-based planning tool to help you examine and reduce the risk of traveling when your personal automobile or motorcycle is going to be the primary means of transportation.



→ speeding

At least 20 percent of our off-duty, privately owned vehicle fatalities involved speeding. We are increasingly becoming a rushed society, but the next time your Soldier stomps the gas pedal with you in the car, remember this: Driving 25 percent higher than the posted speed limit (e.g., 50 MPH in a 40 MPH zone) increases your risk of having an accident. In fact, that extra 10 MPH carries the same risk as someone driving with a BAC of .12. That is above the legal intoxication limit for every state.

→ Privately Owned Vehicles

In FY10, 115 Soldiers lost their lives in off-duty, privately owned vehicle accidents. More than 25 percent of these Soldiers were not wearing seatbelts. If you notice your Soldier not buckling up, remind them that the roads here at home are not littered with IEDs and the need for emergency vehicle egress due

*to sniper activity is very, very unlikely. However, the roads may be crowded with texting drivers who cause both fender benders and major accidents, daily. **Seatbelts save lives.***

→ Health/Fitness

Alcohol

Since exposure to alcoholic beverages has been limited in wartime, it is important not to let your Soldier over indulge. Excessive use of alcohol can be a warning sign of distress, increase the risk of accidents and decrease the opportunity to communicate with the Family. It is important not to let your Soldier over indulge, especially if they are just returning home from deployment.

Fatigue

Following any kind of long distance travel, it may take a week or two to re-adjust to local time. If you have a Soldier returning after a long separation, you and the rest of the family may be keyed up, sleeping poorly in anticipation of the homecoming. Realize that you may be exhausted and that sleep loss for you can have the same unintended consequences

as it does for your spouse. Check out your fatigue level at www.sleepfoundation.org.

Post Traumatic Stress Disorder

Approximately 20% of post-OIF/OEF Soldiers meet screening criteria for PTSD. Factors affecting Soldier's performance, personal safety and risk-taking are nightmares, hyper-arousal and irritability. These factors may negatively impact a Soldier's behavior at home, at work, and on the highways.

Commonalities

Alcohol, sleep loss or PTSD can cause problems for you and your Soldier. Slowed reaction times, inability to concentrate, irritability and increased risk taking can be related to any or all of these factors. Keep you and your Family safe by knowing about these issues and where to get help to reduce the risk of your Soldier becoming a post-deployment accident statistic.

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